



This info sheet can be downloaded from
<http://chfs.ky.gov/dph/ach/cd/tobaccofacts.htm>

Smoking ~ the risks for Mom and baby

Risks for Mom

Compared to a nonsmoker, a pregnant woman who smokes has:

- Less energy
- An increased risk of miscarriage
- More difficulty in labor because smoking makes it difficult for the body to relax
- A high possibility of stillbirth (a baby that is born dead)

Other health problems pregnant smokers face include:

- increased risk for ectopic pregnancy and placental complications
- shortness of breath
- emphysema
- heart disease
- cancer

Risks for Baby

When you smoke, the blood vessels that carry food and oxygen to your baby become more narrow. If your baby gets less food and oxygen it can affect normal development - your baby may not grow as it should.

The baby of a smoker may be born too soon. Prematurity can result in serious, life-long health risks to the baby - including death.

When you smoke during your pregnancy, you increase the risk of SIDS - Sudden Infant Death Syndrome, cleft palates and lips, childhood cancers such as leukemia, respiratory diseases, also developmental issues due to the brain's exposure to toxins.

When you smoke during your pregnancy, your child may face:

- learning difficulties
- hyperactivity
- trouble paying attention

For you, and your baby – please don't smoke!
To get help with quitting call
1-800-QUIT NOW (1-800-784-8669)